

CHARLES DWYER... Editor.

FOR THE EASTER PARADE

By HELEN FALCO

Art and Fashion

Mentality and Personality of the Wearer Now Considered in Designing Toilettes

WHAT a blessing is the ostensibly grey luster season, supposedly provided for us to retire into our innermost sanctuaries and contemplate our transgressions and the most likely way to remedy them. But alas how many of us do? I fear, judging from the immaculate and carefully thought out toilettes displayed in the epoch making Easter parade, that not a few of us have indeed repaired to the innermost sanctuary and then remained the entire time deeply submerged in brain racking thought, choosing materials, textures, color tones and combinations, for the first and really most inconsequent dress parade of the year. Who ever thinks after Monday what one's most hated rival wore on Sunday, for, from Easter until the first chill days of autumn one quite loses track of friends and enemies alike in the gradual cessation of all social and public functions, giving way to the absorbing preparation of summer gowns, dancing frocks and outing clothes. But now for the one all absorbing and tremendous topic of an Easter triumph.

First to be considered is the general line to be utilized. In other words, will the gown be clinging, draped or merely close fitting or very full? Will the silhouette be long and swath like, chic and coy, merely a tube? With this seemingly perplexing question settled one may then go joyfully forth to select materials, for this choice depends entirely on the type of gown to be built. Next comes the consideration of color, which is more easily decided after one reaches the little lighted studio so ingeniously contrived for the purpose, with perfect daylight for the viewing of materials to be used in gowns for day wear and with every kind of artificial light for getting the effect of the various kinds of light on materials used for evening gowns, no matter what the function or the light peculiar for it.

Dressing is after all becoming one of the highest of the arts as is manifested by the number of painters and artists, especially abroad, who are interesting themselves in the artful clothing of women regardless of fashion prediction. In fact they are slowly but surely dominating fashion, for the best dressed women of the world now consult not the fashionable dressmaker of bygone days, but the great artist, dressmaker who sits quietly conversing with one on every topic of music, art and drama, exercising their keen French wit and in a few moments announcing in a most business like way that such and such a type of gown is absolutely the proper thing for you. And this they have cleverly discovered in a few brief moments of conversation in anything and everything save subjects pertaining to dress.

As the brilliant Madame Cheruit, one of the greatest of these individual dress artists, has explained, the real art in dressing is to discover one's best lines and then to clothe one's self in the manner most suited to idealize those lines and obliterate to the greatest possible extent one's lack of beauty of figure. Such an achievement is not to be accomplished by consulting a set, hard and fast rule laid down by designers bent on promoting a new style that will cause the complete discarding of all one's frocks and compelling one to patronize the shops and dressmakers in order not to appear conspicuous.

Fortunately recent upheaval in the corset world has resulted in establishing a more normal form than has ever been advocated in corsets and establishing an almost normal waist line. The result has been so comfortable and at the same time so universal becoming that there is every possibility of its not only remaining but being improved upon. Then what a revolution will have been accomplished in woman's dress. Even those who are incapable of appreciating the artistic value of it have adopted it merely because it is pretty, and thus the eccentric and conspicuous dresser is fast becoming a thing of the spectacular past.

Women slowly but surely are beginning to realize that true beauty of dress consists in wrapping one's figure in cloth, in the manner best calculated to emphasize its most graceful lines, regardless of fashion predictions, whether the method employed be in

making this one of the most graceful, attractive modes of the season, because of its simple beauty of line. The chic women seem to know about, and so jealous are they of their secret that I suspect they pay a much higher price

little French-irish matron who owns it. What ever the cause, it still remains a most alluring little shop, quite unnoticed by the multitude, where many wonderful exquisite confections nestle among their tissues and ribbons and are being sent out to be joyously blacked forth by the eager fingers of more than several of this season's most prominent debutantes.

But to return to the especially delectable little frock. It was built of black charmeuse with a tunic of midnight blue chiffon, delicately embroidered along the sides in a more tracery of little field flowers in blue, lavender, faded pink and artichoke green, terminating at the foot in a huge motif of the flowers combined with a shell design worked out boldly in heavily padded silver thread. The ends of the tunic being caught beneath the the plaque like embroidered piece, pulled the chiffon down to the figure in

INDEPENDENCE IS THE MODERN MODE

To Achieve Tone Beauty, the Figure Should Be Wrapped in Cloth to Emphasize Its Best Lines

the line upon which depended the sylph-like beauty of the frock. The upper part of the tunic fitted on to the

place. The tunic fell apart just below the waist line, displaying the softly draped folds of the black charmeuse under dress, which was cut in a semi-fitting princess slip with a Cheruit or Japanese yoke and sleeves of filmy net laid over several layers of the blue chiffon, the lower part of the sleeve being of the black satin, headed by the flowerette embroidery which also finished the lower edge.

Another very charming model designed especially for a very clever young society matron, who has adopted the uncorrected figure, is shown in the fifth sketch at the right of the drawing. This was built of deep violet velvet and Egyptian red dull cloth combined with bands of heavy Arabesque lace which form the border of the under dress.

The second gown at the right was made of aviation grey crepe meteor combined with bands and all over of Venice lace, the line and construction being well brought out in the sketch. One of the newest ideas in old fashioned materials is shown in the second frock at the left, which is developed in grape red tulle with a cunning little tunic of eyelet-embroidered cashmere of the same shade, fastened by being done in floss several tones lighter.

Among the very chic gowns was one of the new lichen green poplins combined with wide bands of Lyons lace which encircled the body at equal intervals, the lower part of the skirt being formed entirely of the lace, and the upper part of the skirt at the top line being attached to another wide, yoke-shaped piece of the lace that joined the short bodice well above the waist line.

A quaint collar long in the black and slanting upward, well up on the arm and just meeting high on the bust was caught with a tuft of pompadour ribbon in several shades of lichen green and half brown and held in place by a coral brooch.

A PRONOUNCING match conducted along lines of an old-fashioned spelling school, makes a pleasant part of an evening's entertainment for young ladies-aged or old people. Two persons choose sides and somebody who has prepared a list beforehand spells the words which the contestants are to pronounce correctly, according to Webster or Worcester or any other good authority. It is well not to give out to many difficult catch words at first, as the whole class will go down at once. Comparatively few, even in a crowd of fairly intelligent people, will correctly pronounce so common a word as "dog" or "god," while usually everyone except those who have made a special study of the art of pronunciation will fail on "conscientious" "exhaust" and other commonly mispronounced words. Have a dictionary on hand to settle the difference of opinion, for, be assured, there will be many. A copy of 1899 Words Often Mispronounced is invaluable in such a contest.

WHEN one has a headache some well-meaning friend is apt to put on one's forehead a damp cloth so heavy that it increases the pain which it is intended to allay. I have several times seen a washcloth used for this purpose, to the great discomfort of the sufferer. A trained nurse taught me to use half a very thin, old handkerchief in such cases. This should be folded to a size which will just cover the forehead and must be moistened very frequently. But it is well worth the trouble, for it cannot aggravate a headache and is almost sure to relieve it.—L. H. W.

WHEN food for an invalid is to be served on toast, it is this way: After removing the crust, cut the toast lengthwise into half-inch strips, and then cut crosswise, so as to form small squares. Push these squares gently together, so that the slice appears whole once more, and then place on it the poached egg or creamed chicken, and garnish with a weak to use both hands at once, needs only the aid of a fork to enable him to eat such a meal in perfect comfort.



wearing a tight fitting gown or a loosely draped one, a narrow skirt or one combined only in places and combined with a flowing draper. Just as presented in fashion favors this independence, and one can almost select from a fashion book designs that are combinations of loose flowing draper and straight (though not tight fitting) surfaces. The princess has become rather commonplace, and whatever the adaptation of it used, it invariably is sufficiently loose to hang rather than fit snugly on the figure.

Of such types are several of the gowns shown in the accompanying sketches. For the person who has that very subtle curve between the shoulder blades and the small of the back the central figure is excellent. This model should be worn without a corset in order fully to idealize this very beautiful line to which all the other details of the gown should be subservient.

Immediately you will cry out "but I can't stand straight enough to have it fit properly across the front." This has all been carefully thought out, and a most beautiful combination of draped and semi-fitted models has been arranged to offset this very difficulty.

Little shop in which I discovered this is one of those very exclusive little book that only a certain set of so-

for their gowns than is necessary merely that their needs alone may receive the entire attention of the wonderful

exquisitely soft folds, giving a draped appearance to the tunic without destroying the willowy straightness of

princess slip in a long graceful line that curved high over the bust, dipping under the arms and up a trifle in the back, though not so high as in the front. The line of attachment was embroidered in the same delicate tracery of little flowers, and just below the bust, partially on the under dress, and was embroidered in another large silver motif with just the little outer edges embroidered onto the chiffon of the tunic and seeming to hold it in

FOODS TO BE USED IN PLACE OF MEAT

How to Utilize Milk, Cheese, Beans and Nuts—By Anna Barrows, Inspector in Domestic Science, Teachers College, Columbia University, New York City

A CHEMIST would claim, perhaps, that fat and protein should be supplied in proportions similar to those common in meats. The physiologist would agree to that, but might further ask for substances which could be assimilated as readily and completely as meats. But the ultimate judges, the average eaters, the members of our household, while willing to have the other requirements met, would demand, first of all, that any food put before them in place of meat should appeal to their senses through form, smell and taste, like the meat to which they are accustomed.

This is the most difficult problem of all—to overcome the notions of the consumer, due to inherited tendencies and the habits of a lifetime.

Meat is Largely Water. Most of us are surprised when our attention is first called to the large pro-

portion of water in meats. According to the analyses of the United States Department of Agriculture the edible portion of a side of beef averages over 60 per cent water and under 30 per cent each of protein and fat. Or, to put this in another way, the edible part of beef is over three-fourths water and under one-fifth protein and one-fifth fat. Of course, this varies in different cuts, some being much fatter than others, just as some parts contain more bone and other refuse.

Since meat shrinks by loss of water and fat in any process of cooking, some authorities consider four ounces of cooked meat equivalent to five ounces of raw. The cooked meat without bone is usually reckoned as about one-half water and one-fourth protein and one-fourth fat.

When we buy chops at twenty cents a pound we pay five cents for a four-

ounce chop; this will contain fully one ounce of bone, and the remainder is about equally divided between fat, which few people eat, and the lean meat or muscle, which still is largely water. What wonder that an egg may be as satisfying as a chop!

Soaps are often overrated as to their nutritive value. Careful experiments have shown that a "strong" broth is often over 95 per cent water, and some of the best-tasting soups may be even less nutritious. It is evident that the value of such foods lies in the stimulating extractives and the bread we eat with them. Thus, in our search for meat substitutes, we need not be afraid of foods that contain a generous proportion of water.

Milk and Eggs, Versus Meat.

Even at the high prices which prevail the year around in the larger cities, milk and eggs may be used judiciously as substitutes for meats, especially for the choicer cuts. In many cases a moderate proportion of milk or egg served to place some combination of vegetables or of cereals in nutritive rank beside the roast or steak. A vegetable or fruit salad with dressing of milk or cream and egg is an illustration in point.

The "meat value" to use a convenient phrase of the vegetarian, in many of our sweet dishes is considerable. The egg and milk compounds that we serve for desserts are legion, but rarely do we choose them with reference to what precedes at the same meal. Why allow the substantial caramel custard to follow the roast beef or fowl? Rather let it come when the meat

course is attenuated or altogether lacking. Nor should the rich ice cream or mousse appear at a meal where soup, roast and salad rich in fat and protein have gone before.

When eggs are most expensive they should not be used freely in cakes and desserts, and at all times let us remember that the eight or ten eggs demanded by many a cake recipe are considered by Dr. Woods Hutchinson and other authorities as quite equivalent to a pound of medium fat meat.

The Fats Which Produce Heat.

The fuel value, or the number of calories in a food, depends largely upon the proportion of fat it contains. There is a general tendency to discard the fat of meats and to use more and more cream and butter. Naturally, when people use cream freely in coffee and on cereal at breakfast, little or no meat is required, and the modern American breakfast is becoming very different from that of a generation or two ago.

Vegetable fats, seed and nut oils are being put upon the market more and more, either alone or in combination with beef-fat. Every housekeeper should make fair trial of them. The principal obstacle to their use has been certain distinctive flavors, but these are being eliminated by greater care in preparation. Or we may become accustomed to them, as we have to animal fats, through constant use.

A free use of olive oil is generally advised by dietitians and physicians. A salad of vegetable origin dressed with oil and accompanied by bread or crackers, with cheese, may supply all that is needed for a single meal.

Those who find clear fat repugnant, whether it is of animal or vegetable origin, often accept it readily in pastries, fillings and other complicated results of culinary skill. While such compounds may be slow of digestion because of their concentrated forms, we cannot deny their nutritive value to a healthy body taking air enough to reduce them to ash. Even pie and doughnuts are admirable foods for the open-air luncheon, and are often preferred to meat by the laborer or the picnic party.

Cheese Heartier Than Meat.

Cheese as a meat substitute is commonly used in the Old World, but we have not yet realized its value. In round numbers, cheese provides a double portion of nutrients similar to those of beef, pound for pound. That is, where cheese is only one-third water, the meat is two-thirds. This explains why some find it difficult of digestion: it is too concentrated and is more easily taken care of when grated, or melted and diluted with other materials.

There are many fondue and soufflé and other combinations of eggs, milk and cheese, savory dishes well adapted to luncheon and even to dinner. Where cheese is added in any generous proportion to macaroni, potatoes or rice, for a dinner dish, a smaller allowance of meat is feasible. Crackers warmed, with a layer of grated cheese upon them, to serve with soup or salad, also have definite value, though we are prone to look upon such additions as merely relishes. In like manner, for occasional variety, the grove in the

celery stalk may be filled with any rich cheese, or grated cheese moistened with salad dressing.

Cheese, with soup, or in it, is not inappropriate. Try a little grated cheese in the cream of cabbage or corn soup, or even make a soup of corn meal or hominy and flavor it with cheese. Following is a recipe for:

Cheese Sauce.

Make the usual white sauce by melting two level tablespoons (one ounce) of butter and cook in it two tablespoons of flour until the whole bubbles but is not brown. Then add gradually one cup of milk, hot or cold, and cook until thickened, stirring constantly to keep it smooth. Set this over hot water and add grated or chopped cheese in any desired proportion and season further with salt, paprika, and mustard. Stir often till the cheese melts and blends with the sauce. A bit of soda in the sauce sometimes aids in softening the cheese, and according to some authorities makes it more digestible.

One ounce of cheese when chopped or grated will measure about one-fourth of a cup. This gives a pleasant flavor, but for greater food value the amount of cheese may be increased until one-fourth pound or more is used.

Such a sauce serves many purposes. It may be poured over toast like Welsh rabbit without further additions, or a poached egg may then be placed on each slice. Or it may take the place of plain white sauce for vegetables.

The sauce may be made thicker by using another spoonful of flour or cornstarch in place of the flour and the

cooked macaroni or rice added. When cold this mixture may be shaped in croquette forms, or merely cut in strips, rolled in egg and crumbs and fried in deep fat.

Or the croquettes of rice or macaroni may be made without cheese and the cheese sauce served with them. Any cereal left from breakfast may have grated cheese and other seasoning stirred into it while warm, and later it may be shaped into croquettes, which are acceptably served with tomato sauce.

A slightly thinner sauce may be combined with cubes or slices of cooked potatoes and reheated in ramekin dishes until buttered crumbs placed over the top are browned.

Though bread and other cereal foods contain some fat and protein, they are too largely composed of starch to be considered as meat substitutes. These grains are valuable foods, but it is another family of plants, the legumes or pulses, which provide the human race with a substitute for flesh foods.

To the pulse group belong beans, peas and lentils. Few of us have yet exhausted the varieties of beans and peas available at the nearest grocery store. There is the common white bean, the white pea bean, the yellow eye, the red kidney, the black turtle, the broad white lima and the imported green flageolet. The variety secured by using these different colored beans in turn is no mean point.

Of peas there are the whole and the split ones, both green and yellow. Lentils are not extensively used in this country, but serve to give variety and are prepared practically like beans.